



## Profiles in Wellness



### **Steven P. Weiniger DC** Georgia

Around my 40th birthday I made a frightening observation:

Forget about touching my toes with knees straight, it was a strain to bend forward and barely touch my knees!

I had never been very flexible (partially because of a minor anomaly restricting mobility in the mid-back), but I knew this was not good. Since I am a chiropractor, I did not relish the idea of “moving old” in my 40s.

So, I decided to try yoga.

Over the next few years I visited many yoga and exercise studios, and took classes in various styles of yoga. I also spoke to the instructors about yoga and the mechanics of the human body.

As a doctor of chiropractic with strong grounding in anatomy, I liked most of what I heard. Despite differing philosophy and techniques, the instructors all taught students to move consciously, symmetrically, and with control- a great formula for “moving young”.

As a 40-something man with poor flexibility and tension, I loved what I felt.

Now, after 50, I practice yoga (almost) every week, and my wife and I recently converted a spare bedroom into a mirrored studio to encourage us to spend 20 minutes a day exercising.